

ABSTRACT OF THE DISCLOSURE

Provided is modified brown rice which can be cooked in completely the same manner as that of the white rice and is excellent in taste, mouthfeel, and digestion and absorption, while containing almost the same nutrient components as that of so-called brown rice which is obtained by removing only the rice hulls from the rice plant. The epidermal layer of brown rice is polished to remove the pericarp and a part of the seed coat underneath for partially exposing the tubular cell tissue covered under the seed coat to the surface of brown rice. At the same time, the oil and fat components inside the tube in the tubular cell tissue is removed to make a hollow inside the tube. Thereby, the modified brown rice can be achieved.